

CLAIMS

1. An optical recording medium that includes a phase-change recording layer where reversible phase changes
5 between a crystal phase and an amorphous phase are used,

wherein the recording layer includes at least Sb, Tb, and Te and when indexing as a hexagonal lattice has been performed in a state corresponding to the crystal
10 phase, the recording layer has a structure where an axial ratio c/a of a c-axis length to an a-axis length in the hexagonal lattice is between 2.590 and 2.702 inclusive.

- 15 2. An optical recording medium according to Claim 1, wherein in the state corresponding to the crystal phase, the recording layer is constructed of a single phase with an A7 structure.